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UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the 1st day of the month by
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All the workers at Unity headquarters in Kansas City unite each morning at 8 o'clock in studying the daily lesson in *Unity Daily Word*. You are invited to join in this great prayer circle. "Behold, how good and how pleasant it is for brethren to dwell together in unity!"

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GOD'S EYES

If any one says
That the world is a bad thing,
I do not believe it.
How can I believe it
When all the world's made of is men?
And a man
Is just you—or just me—or some others—
No bad things,
For are you a bad thing?
Or I?
Or the others?
God's eyes
And a smile, and a hope and a song
Live in me and in you and the others—
We're good things.
The world has a daylight,
A starlight, a garden,
A mist on the meadow,
A wind in the willow,
A cloud and a sea,
And the wonder of morning—
A you and a me. All are good things—
So warning
That the world is a bad thing
But leaves me unshaken,
With pity for him
Who is so much mistaken.

—*Dixie Willson; Good Housekeeping.*
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GOD'S LOVE IS ABOVE THE NIGHT

THERE is something magical in the foregoing line from a song. It seems literally to sing itself into our hearts, to lift us to a consciousness that all sorrow and adversity are below us. Yes, far, far beneath us. It raises us to the consciousness that we are so exalted above the limitations of the earth that we can never again contact them.

Regardless of who we are, wherever we may be, whatever the situation may be we have the power to lift ourselves right out of it. Divine love manifest in us can lift us out of the most trying situation. Love is magnetic. It always draws us to itself. It pulls us away from the baser things in life. Yes, love is above things earthly, things darkened by mortal thought.

"God's love is above the night."

The line keeps coming to us as if the voice of God spoke to us and said: "My child, what care you for those things of earth? What difference if this were said or that were done? My love exalts you above all these!" We have too long lived in the night of darkness, ignorance, and superstition. Long have we looked upon darkneses and shadows. Through it all, God's love has endured. God's light has shone. God's love has reached out to us. From the hills has come the word:

"God's love is above the night."

Greater than my problem? Yes, greater than mine, or yours, or anybody's. Above them all.

God's love is equal to every occasion, ready for every emergency, always above the petty things of life.

God's love is above the night,
Ye weary souls who wait,
This was the message of hope and light,
God's love is above the night.

God's message to us when we are weary and seemingly without recourse to any help is his promise of love and light. How our hopes increase when we know that some one cares for us and is able to exalt us to the very heights of infinite being!

"God's love is above the night."

This message of spiritual light flashes through the darkened consciousness like a powerful electric sign high in the cloudy sky. Whatever the terrors or the fears in the darkened consciousness, God's love is still accessible, still at work loving, shining, and redeeming.

"God's love is above the night."

Has it dawned upon you yet? What is this night that the poet sings about? Is it not the heavy thought in your mind that seems to draw the curtain over your consciousness and hide away your good fortune? If you will but let God's love work in your heart all this night will pass away. The dawn is waiting for the shadow to pass. The shadow depends upon you. When the darkened thought is dropped from consciousness you will sigh with relief and realize the true meaning of

"God's love is above the night."

REACTIONS



ONE'S reaction to a situation decides just how it will affect him and his life. This statement has proved itself so many times in our experiences that proof would seem almost unnecessary. Still, although we have had such proof, we may not have recognized the truth as it boldly confronts us in the statement.

Each morning we greet a new day. It will bring certain experiences into our lives. The situations and circumstances that confront us will give us either pain or pleasure. However, let us remember that the experience only indirectly gives us grief or joy. We must think of our reaction.

One who does not know how to react favorably to a situation may allow joy to be turned into sorrow. He may even react toward some person in a way that will cause a beautiful friendship to be turned into strained relations.

Many a business man through his adverse reactions to a business proposition has caused his finances to be much decreased or perhaps entirely swept away. He has reacted in a way that has caused his mind to be closed to good. His unresponsiveness, his fear, and his adverse thought have built up a barrier that has kept his good away from him.

There are persons who have the habit of responding negatively to almost every situation. How often we see a pessimist try to thwart optimism! The person of pessimistic tendencies seems to make it his business not only to shut sunshine out of his own life

but also to keep others from enjoying it. He has a habit of reacting negatively and cannot understand why others can view situations with any hopeful outlook whatever.

Some persons react with more or less indifference to situations. They receive gifts and favors without showing any gratitude or thankfulness. By reacting in this way they cause future favors to be shut out of their lives.

There are persons who would like the benefits of metaphysical treatment but who react to it with skepticism. If taught to relax and be receptive, they can be shown results that will lessen their disbelief and increase their faith.

Some do not react to love. They generate so little love within themselves that they do not respond when love is shed upon them. They so underestimate the power of love that they are almost inclined to be suspicious of one who values it, who makes love the dominant note in his life.

There are persons who react negatively to time. The unhappy person thinks of the hours as moving heavily. By his reaction, moments and hours appear daylong. The happy person does not fight time. In his exalted consciousness there is no time. He is so busy extracting every essence of pleasure from time that the hours serve him; he is not a servant of time.

Some one says right here: "But how are we to react? Is there some set way to react to every situation? Do we not have to be negative to situations at times?" Strange as it seems, there is a set

and stereotyped way to react. By it one reacts in the same manner to every situation.

One should never react to a situation in some way just because he has done so in previous situations. He should carry no prejudice. He must be able to handle the situation without regard to the past.

He should never meet a situation with unresponsiveness, pessimism, or an adverse state of consciousness. He must be free from personal feelings. He must let the Spirit of Christ within him think through him, make his decisions, frame his words, and guide his steps. By doing this he cannot react negatively. Every situation will be turned into good. One who would bear him malice will return bringing him manifold blessings.

This matter of learning how to handle situations offers peace to mind and health to body. Many invalids, inharmonious in mind and weak in body, would effect a great improvement in themselves just by learning to react in the right way. Some invalids fight every suggestion of health. Healers find that they must free their patients' minds from resistance and unresponsiveness before the Christ truth can produce healing results.

Let us resolve to react to all situations with a cheerful and positive consciousness. Let us be impersonal in personal relations, free from unresponsiveness, rid of prejudice, ready to expect and to find something good in the most unpromising circumstance.

By being fair to those who come to us we become fair to ourselves. By giving others that which is coming to them we get the good things that are due us.

ON THE HILLS

Dear heart, let us stand on the hills of cheer,
Where the voice of Faith sounds strong and
clear;

Where the far, high heaven of our hope
seems near;

We have walked too much in the valley.

Though pleasant the vale, with its dream-
stream ways,

It is shadow haunted, has sultry days;
And weak grow our hearts and narrow our
gaze

If we dwell too long in the valley.

Then up to the hills! where the winds blow
free,

Where our view is wide and we clearly see
The good in the heart of the things that be,
Untouched by the mists of the valley.

—Margaret W. Dana.

WEDNESDAY, JUNE 1

Carry this thought with you: *I depend upon God, in his infinite justice, to adjust and to harmonize all my affairs.*

We need never worry for fear that God, divine justice, can be overruled in our affairs. There may be times when injustice seems to be dominant, but if we rise to the consciousness of absolute justice, that alone can prevail.

When we know that we cannot be unjustly dealt with, then we erase injustice from our minds and keep it from being outpictured in our affairs. Injustice comes from the belief that others can dominate us and rule us to our disadvantage. We must get rid of the belief that other persons can rule us, if we would be governed and ruled by God, infinite justice.

Next we realize that God is right now at work in our consciousness, quickening us to a realization of complete justice. Eventually justice appears in our work and in our environment.

Injustice is strictly a matter of personal consciousness and when we are established in spiritual consciousness we are free from injustice. In God only infinite justice can appear. God is man's supreme judge and is always just.

My justice comes from the Lord; I trust him to regulate all my affairs.—*Unity Calendar (for June).*

THURSDAY, JUNE 2

Carry this thought with you: *I am free from all memory of mistakes. I forgive myself. In Christ I am forgiven.*

We must disabuse our minds of all memory of our mistakes. Unpleasant memories cannot be retained in Truth; there can be no self-condemnation, no blaming of self for situations of the past.

When one is free from unpleasant memories he can greet each day with a new consciousness; there will be no tensions, no mental darkenesses caused by looking back to what has taken place in the past.

There are those who can readily forgive others for their shortcoming but who cannot easily forgive themselves. One needs to take an impersonal view of life and to be ready to forgive and to erase a wrong regardless of who the culprit is, whether himself or another.

When one has forgiven himself, then he is mentally receptive to the work of the Christ. Mentally relaxed, he is open to the forgiving love of Christ. This forgiveness erases and clears away every memory and every trace of misdeeds.

When one reaches the consciousness of having been forgiven, he must not again let his mind revert to the past. He must know that forgiveness has actually taken place.

Thine iniquity is taken away, and thy sin forgiven.—*Isa. 6:7.*

FRIDAY, JUNE 3

Carry this thought with you: *I have faith in my God-given ability to know all that I need to know.*

One should never think of himself as lacking in knowledge. He should not think of himself as ignorant or as not knowing what to do. Such a mental attitude tends to make one ignorant. Such a view of himself causes one to limit himself mentally.

Somehow we think that knowledge is natural to man. We think that God gave man knowledge when He placed him upon the earth. We know that if man did not have knowledge, if he were unable to know what to do about the various things that come up for attention, he would be at the mercy of fate and adversity.

Many persons find that when they need light upon some situation they can receive help just by getting still. Suddenly they realize that they know just what to do. Knowledge is given to them.

We need to have faith in our indwelling God, the source of all inspiration and light.

The so-called works of darkness have nothing in common with the child of light. The darkened consciousness in which ignorance and indecision are found does not belong to one who is spiritually illumined. The light of God is his light.

Believe on the light, that ye may become sons of light.—*John 12:36.*

SATURDAY, JUNE 4

Carry this thought with you: *I have no desire to do evil. I rejoice in doing good.*

Because we see others doing evil, that does not give us license to do likewise. In fact, doing good would be much easier for us if we were not so occupied in seeing the shortcomings of others.

If another does evil, even toward us, this fact does not give us license to return evil. If we do evil the penalty is just the same whether or not the deeds of another have prompted us. One's excuses for doing evil do not exempt him from the law's penalty.

We prove our loyalty to Christ by imitating him, by doing good. He had no desire to think evil thoughts, to speak evil words, or to perform evil deeds. His way should be our way.

When we do good to others we find a certain satisfaction that nothing else can give us. Sometimes one tells us that he regrets that in some personal situation he did not mistreat another. One should never regret that he has been able to exercise self-control, that he has been able to refrain from doing an evil deed.

If one has love he has no desire to do evil. He is willing to give a helping hand to those who need his service.

Beloved, imitate not that which is evil, but that which is good. He that doeth good is of God.
—III John.

SUNDAY, JUNE 5

Carry this thought with you: *In each individual whom I meet I see Christ, not personality.*

In dealing with others one should not consider who they are or what they are. One should have the same standard for all persons. One should not have a standard for those of one race, creed, or sex that is not applicable to those who do not belong to that class.

A Gentile who does not like the Jews or a Catholic who does not like the Protestants fails to practice the first tenet of the Christian religion. If we are unkind to another because of religious affiliations we show that our own ideas of religion are far from being enviable ones.

Race prejudice still remains in the consciousness of many persons who consider themselves to be evolving spiritually. They still hold to differences and to personality when they know that only by looking to unity can they make the great demonstration.

Some employers are inconsiderate of women employees, not because they are inefficient but because they are women. A woman doing a man's work merits a man's salary.

There can be neither Jew nor Greek, there can be neither bond nor free, there can be no male and female; for ye all are one *man* in Christ Jesus.
—*Gal. 3:28.*

MONDAY, JUNE 6

Carry this thought with you: *The Truth of Christ is my standard. It governs and directs my every thought, word, and act.*

One who takes Christ, the Truth, as his standard of thinking and of living finds himself becoming like the Christ. If he makes the teachings of the Christ the principle of his own life, he soon sees a great change taking place in his consciousness and in his outlook upon life. The Christ mind active in him generates thoughts that are Christlike in character. The presence of Christ in the midst of him clears his vision and he sees Christ expressed everywhere.

The truth about man's perfection and health dislodges from consciousness the belief that man is unhealthy and diseased. If one takes this truth of Christ as his standard and manifests it in his body, he may be said to demonstrate health.

One should always think and speak the truth about himself. Many persons are given to morbid thoughts about themselves. They ponder often upon their weaknesses and failures. They do not realize that they are just as disloyal to truth when they think and speak adversely about themselves as they would be if they spoke harshly of others. Truth is impersonal.

I say the truth in Christ, I lie not, my conscience bearing witness with me in the Holy Spirit.
—Rom. 9:1.

TUESDAY, JUNE 7

Carry this thought with you: *I give up all memory of personal slights. The forgiving love of Christ is now expressed through me.*

Occasionally we find one whose whole life has been affected by his having held a personal grudge. Some persons will for years cling to the memory of some personal slight.

If one has faith in God he leaves to God and His law the person who has tried to injure him. God can discipline and teach the evildoer much better than man can. How foolish it is for one to spend months or years in a resentful or resistant attitude toward another! Others about us may be living radiant and happy lives while we cling to unpleasant memories of the past, accusing others of intending to harm us and do us evil, of which accusations they are not guilty.

The unpleasant things of the past must be treated as if they never had existed. In Truth there is no past, no personality, no slight.

Let us forgive the past, erase it from consciousness, and let old slights and personal grudges fade away. Let the sun of today scatter the darkness of the past. Let the light of forgiving love disperse personal feelings.

Their sins and their iniquities will I remember no more.—*Heb. 10:17.*

WEDNESDAY, JUNE 8

Carry this thought with you: *The law of God is written upon my heart and this law of good blesses me in all my ways.*

We do not feel that we are under any law with which we are in sympathy. If in our hearts we feel harmonious toward a law, then we really make it a law of our own. We become a law to ourselves when we abide by a law that we love.

The law of truth and righteousness sets us free from all bondage to so-called laws of limitation. When the law of God—the law of peace, health, and plenty—is established in our hearts we are no longer bound by laws of disease, inharmony, and lack.

We should place ourselves under the law of God, knowing that only good can come to us; that we can possess only that which will give us a blessing.

When we think heavenward we place ourselves under heavenly law. Exalted thoughts build the ladder by which the blessings of God descend to us. By making our thoughts spiritual we become conscious of the working of the law in and through us; we realize that God's richest blessings are winging their way to us.

These, not having the law, are the law unto themselves; in that they show the work of the law written in their hearts, their conscience bearing witness therewith.—*Rom. 2:14-15.*

THURSDAY, JUNE 9

Carry this thought with you: *I have found the kingdom of heaven within me. I abide in heaven forevermore.*

Unless one finds the kingdom of God within himself, he will not find it. Once he finds this heavenly kingdom, he will feel at all times as if he were in the midst of heaven. One finds heaven in spiritual consciousness first; then he discovers that there is nothing but heaven.

Man falls from heavenly consciousness by using carnal thoughts and words. He regains heaven when he regains the consciousness that is spiritual. If a person shows that he is losing his heavenly estate, even though he may be unkind to us we should do whatever we can to help him regain it.

If we would enjoy heaven we must discipline our thinking; we must always think that which is in keeping with divine principle.

If we would stay in heaven we must use only constructive words. By our spiritual and powerful words we can call heaven right into existence.

Heaven is right here and now. We take possession of it when we can clearly realize the truth of its existence.

By right understanding and by right thoughts and words, man will regain the kingdom within and will be reinstated in the Garden of Eden.—*Christian Healing.*

FRIDAY, JUNE 10

Carry this thought with you: *By the law of giving and receiving, I give and receive only that which is supremely good.*

If we would have good come to us, we should exercise care that naught but good emanates from us. If a workman would increase his pay, he should increase the quality of his workmanship and the amount of his production. If we would have love extended to us, we must love; we must give more love and also a higher quality of it. If we would receive we must give. By giving we make ourselves open and receptive.

If one finds that he attracts evil situations he must ascertain the reason. He must look to himself and see what evil thought he is generating that has power to draw its fellows to itself. He should remember that that which comes to him is indicative of that which he sends out.

If we desire to receive the highest good, we must try to give the very best that we have within us. If we are always directed by the principle of Truth, God, we can send out no thoughts but good ones.

One who is a good giver is a good candidate for becoming a good receiver. If one knows how to give he can easily learn how to receive; the law of compensation works the same in both cases.

The righteous shall be recompensed with good.
—Prov. 13:21.

SATURDAY, JUNE 11

Carry this thought with you: *I am free from all condemnation and criticism. I rest in the all-pervading peace of God.*

The criticism coming from others will not affect us when we are established in the peace of God. No evil strain can affect our harmony when we rest in God's all-pervading quietness.

Those about us will not condemn or criticize us when all fear and belief in criticism has been erased from our minds. If we go about making ourselves open to criticism, we invite it.

If we would be free from liability to criticism, we must free ourselves from all inclination to criticize others. A critical state of mind on our part will draw criticism to us.

Personal consciousness is the agent back of all criticism. How insignificant personal consciousness is before the altar of God! How personal and human thoughts vanish before divine thoughts! How criticism passes away when one knows how to rest in the peace and glory of God!

One would not feel criticism if he did not believe that it had power to harm him. One should always seek to see what lesson criticism can give him and should make it serve him, instead of permitting it to annoy him.

When he giveth quietness, who then can condemn?—*Job 34:29.*

SUNDAY, JUNE 12

Carry this thought with you: *The Spirit of God has delivered me from every belief in bondage and I am free.*

Even at a time when one feels that he is in greatest bondage, at that very time his deliverance is right at hand. Man may hold himself in bondage through adverse thought but the Spirit of God is always ready to quicken him to truth and freedom.

The metaphysician's God is the God of Moses and Jesus, a God of deliverance. At one time Christian people thought of God as a power that kept them in a state of punishment for having displeased him. They were more inclined to think of God as a God of bondage and cruelty than they were to think of him as a God of truth, justice, and freedom. Thus an understanding of Truth has freed them from ignorance and superstition.

Many persons hold themselves in a sort of mental prison. They are walled around on every side by their adverse thoughts about themselves. At every turn they are limited by some belief that keeps them from full expression.

God and his Truth alone can set man free. Only in God can man find absolute freedom.

God is unto us a God of deliverances;
And unto Jehovah the Lord belongeth escape from death.

—*Psalms 68:20.*

MONDAY, JUNE 13

Carry this thought with you: *I am faithful and loyal to all my friends, to my work, and to every good cause.*

Faithfulness and loyalty are valuable assets. One who possesses these is usually optimistic and successful also. The person who is faithful and loyal has a good consciousness and he easily identifies himself with the good things in life.

If one wishes to develop loyalty he must first be loyal to himself and to his own convictions. He must be loyal to the truth that he perceives. He must be true to his own indwelling Christ. He must be honest with himself at all times.

How easy it is for one to be loyal to others when he just thinks of being loyal to the Christ within them! If one is disloyal to his fellow man he is disloyal to Christ.

If one is truly loyal, he can keep his vision true to loyalty even when those about him are untrue and disloyal. He can look past personality and keep his vision centered upon principle.

When we are loyal to a good cause we give it our sincerest support. We give it the vitality of our higher consciousness.

Loyalty and faithfulness will see us through vexing situations. They will turn evil to good.

He that is faithful in a very little is faithful also in much.—*Luke 16:10.*

TUESDAY, JUNE 14

Carry this thought with you: *I am no longer restless and impatient. I confidently rest in the patience of Christ.*

Restlessness and impatience show lack of understanding and faith. When we are impatient we show that our confidence in the higher law is shaken.

We must have patience developed to the extent that we know that good is coming to us from unseen sources. We must be willing to let this good come in whatever way Spirit directs. Our anxiety and impatience cannot help to speed its coming to us. Lack of patience tends to retard demonstration.

Freedom from impatience gives one a peace that is almost indescribable. Think of a life in which one is free from tension, resistance, and worry. Think of the joy one feels when he is optimistic and patient, always looking for and expecting good to come to pass.

An impatient attitude keeps the mind in a mental state that is antagonistic to good. One who is impatient and restless is not in position to receive blessings; tense and restless, he is not receptive to good.

With confidence in God comes confidence in His working in all our affairs. If we confidently look to God and patiently trust him to regulate our affairs our patience will be well rewarded.

But if we hope for that which we see not, then do we with patience wait for it.—Rom. 8:25.

WEDNESDAY, JUNE 15

Carry this thought with you: *The light of God reveals Truth to me and I see all things as they exist in Truth.*

Through the light of Truth man perceives all things in their true relation. To him are revealed persons and things as they exist in infinite being. Quickened by the light of Truth he beholds God everywhere.

The light of Truth reveals situations and conditions freed from the shadows of personal limitations. This light illumines man's path and shows him just what to do and where to go. There can be no indecision to him who has the clear revelation.

Man should never feel that he is in darkness, that he does not know which step to take or how to decide wisely. His attitude should be one of confidently knowing everything that has to do with his affairs.

If we expect it we shall find that Spirit always reveals to us the thing that we need most to know. In the home or in the office arise numerous questions to be answered, many problems to be solved. One's attitude should be to expect the answer or the solution, to look to his own indwelling Spirit to guide and to direct him. He has within him all wisdom.

Clear revelation—the word made alive as truth to the consciousness—must come to every soul who continues to wait upon God.—*Lessons in Truth.*

THURSDAY, JUNE 16

Carry this thought with you: *The presence of God is ever with me and I am filled with infinite joy.*

One cannot feel alone or deserted when he has learned to rely upon the presence of God. This presence is a source of bountiful joy. In it there is no place for sorrow or loneliness.

We sense the presence of God by having mentally sensed a great peace. Mental tension is relaxed; worry is put to flight; every care seems to have passed away. In place of tension, worry, and care comes peace, the presence of God.

Joy comes by reversing the adverse thought. Sorrow is changed to joy; depression changes to buoyancy and exhilaration. These changes come solely through the mental change.

Nothing external to us can give us joy if we are mentally closed to joy. There are those who are not joyful because they look to some person or some external thing to force joy upon them.

The presence of joy that we feel when in spiritual consciousness is the same presence, the same Spirit, that mystics and poets of all ages have sensed. These persons were able to feel the presence of God just as we are able to know through our senses that persons are near us.

I will not leave you desolate: I come unto you.
—*John 14:18.*

FRIDAY, JUNE 17

Carry this thought with you: *I do not believe in weakness. My mind, soul, and body are filled and thrilled with the strength of God.*

One who would know the strength of God must first dispel every belief in weakness from his mind. He must give up every thought that would limit his consciousness of strength. He must erase from his mind every belief that he is a victim of weakness.

Having denied weakness, he should affirm strength. He should realize that in God's world—in his own world, in reality—there is naught but strength. If one can but realize that strength is his real heritage from God, that in God's world strength is natural to man, then he is on the way to demonstration.

When the belief in strength is established in mind it externalizes in the body; the whole organism becomes literally supercharged with strength. One who comes to this realization is able to meet every situation. He is able to cope with every circumstance that requires strength.

Whenever one looks to God for strength he receives it. His call is compensated by the consciousness of superhuman strength.

In the day that I called thou answeredst me,
Thou didst encourage me with strength in my soul.
—*Psalms 138:3.*

SATURDAY, JUNE 18

Carry this thought with you: *The Truth of Christ cleanses my mind of undiscovered beliefs in limitation and I am thoroughly purified in Christ.*

Quite often we find students of metaphysics who do very laborious work in trying to cleanse the subconscious mind. The probing of the subconsciousness in order to find some secret sin is often the cause of continual mental and physical upheaval.

Jesus used a very safe method. He taught the truth that set people free from secret faults. He knew that the principle of Truth would displace and erase all belief in limitation. Instead of causing the individual to probe his consciousness he taught him to rely upon the word of God, the freeing power of Truth.

If one has a secret fear or undiscovered belief in limitation, it will pass away when Truth is established in his consciousness. It is not necessary for the negative belief to make its appearance.

If one will but keep himself unified with the cleansing, purifying, regenerating power of Christ within him he will always be assured of being cleared in mind of all beliefs in sin, limitation, and disease. He will be sure that Christ is right at hand continually, lifting him higher and higher.

Clear thou me from hidden faults.—*Psalms 19:12.*

SUNDAY, JUNE 19

Carry this thought with you: *I have no desire to be unkind to others. Love rules my every thought and deed.*

Freed from all tendency to be unkind to others, we are free to let love express in and through us toward those about us.

In our relations toward our neighbors we have an opportunity to prove how we can demonstrate Truth. We can prove for ourselves whether our understanding is intellectual or spiritual. We can show ourselves whether or not we really feel loving.

When one experiences love he finds that he has the power that will erase fear, anger, inharmony, and hate. None of these adverse beliefs can remain in the consciousness that is dominated by love.

When we have love we do not let our actions become stumblingblocks for those about us. We do nothing that would cause others to become unhappy. We do not feed our own personal desires at the expense of another.

Much has been said and written about love, but at times we seem to find little of it. Then comes our opportunity to discover that love is everywhere awaiting us if we are loving. Through love we find love. When we overflow with love others will share in our love.

Love worketh no ill to his neighbor.—*Rom. 13:10.*

MONDAY, JUNE 20

Carry this thought with you: *All the issues of my life are stirred to action by the quickening Christ, and I am made whole.*

This is the Silent Unity healing word to be used from June 20 to July 20.

Christ within is that great quickening power that stirs us to a consciousness of life, health, and strength. When one unifies himself with this life all the forces of his body are quickened and stirred. New life springs forth; stagnations and congestions are relieved.

One who lays hold of the Christ life within him is quickened to abundant health. All the secretions of his body become charged with the radiant life of God; his blood becomes healthy and pure.

The quickening Christ within has its definite relation between the mind and the body. In spiritual consciousness one glimpses the power of the healing Christ. Next, when he feels the quickening of the Christ within him he realizes that its healing work is definitely taking place in his body.

Those who came to Jesus for healing experienced the Christ quickening. The Christ in Jesus stirred these persons to a consciousness of the Christ within themselves. They were quickened by his Spirit. They were aroused to the might of their spiritual selves.

Thou didst find a quickening of thy strength; therefore thou wast not faint.—*Isa. 57:10.*

TUESDAY, JUNE 21

Carry this thought with you: *The quickening Christ stirs to action the Spirit of plenty in my mind and in my affairs.*

This is the Silent Unity prosperity word to be used from June 20 to July 20.

One who enters the Christ consciousness realizes the bounty of God. He realizes that plenty, not lack, is God's will for man. He finds that through Christ he has an abundance for every demand.

Plenty makes its appearance to the mind as rich ideas. The mind that dwells upon the richness of God, the Father, discovers rich ideas. When these ideas manifest, man finds that he is in the very midst of plenty.

If one allows himself to dwell upon thoughts of lack he keeps himself in a consciousness that ideas of plenty cannot enter. Thus we see that we need to turn poverty thoughts out of our minds in order to make place for those of plenty. If we would be stirred and quickened by the Spirit of plenty, we must give ourselves to thinking ideas of plenty.

Jesus knew that all that the Father had was his. He knew that as the Son of God he inherited the richest ideas of the mind of God. He knew that his father was continually arousing him to a greater consciousness of richness.

Stir up the gift of God, which is in thee.—II Tim. 1:6.

WEDNESDAY, JUNE 22

Carry this thought with you: *God in the midst of me is eternal life, my life, and I am forever alive.*

Since our life came from God and is eternally of God, we must expect God to be our source of life and to supply us with life. We must divest ourselves of every belief that our life can diminish, change, or become lost. The life of God, our life, never decreases or changes; it is deathless, eternal.

If we would enjoy more life we must build into our consciousness the belief in more abundant life. We should never think about a limitation in life for either ourselves or others. If we allow ourselves to think of any person's failure to demonstrate life we turn our vision toward failure.

When one loses hold on life, when he allows his vision to be directed away from life, he makes a break between mind and body; the higher spiritual and mental forces are shut off from working in his body; death results. We may think of such death as self-inflicted, since the individual alone decides whether life or death is his portion.

In metaphysics we give much thought to life, and to spiritualizing the body. We save both body and soul.

To love Jehovah thy God, to obey his voice, and to cleave unto him; for he is thy life, and the length of thy days.—*Deut. 30:20.*

THURSDAY, JUNE 23

Carry this thought with you: *In my mind's eye I behold my innate perfection. I see myself as the image and likeness of God.*

Through the imaging or visualizing faculty we have power to behold our divine perfection. We can see ourselves as sons of God, created in the image of the Father.

This faculty may be used constructively or destructively. One may image forth failure and disease or else success and health. He may see himself as a man bound by race thought to woe, weakness, and disease, or he may behold himself as he is in Truth—triumphant over every limitation.

The eye of the mind, the visional sense, should be kept free from every cloud of error. Every limited belief that would obscure the perfect vision should be given up. The lens of the mind's eye should be kept as clear as one would expect to keep the lens of a telescope or a field glass.

If one would demonstrate perfection he must always think perfection and see it. If one would realize perfect manhood (or womanhood), one must look to innate perfection. If one hopes to demonstrate perfection he must, with unwavering vision, see himself as perfect.

The sculptor who desires to carve a perfect man from his marble has in mind the picture of man in perfection.—*Beginning Again.*

FRIDAY, JUNE 24

Carry this thought with you: *I do not look to the future for my happiness. I live in the glorious today.*

How often one lives so completely in hopes of the future that he neglects to live in the present and share in its blessings! If one looks to the future for his happiness then it is always just ahead of him, never at hand ready to be enjoyed.

The future never arrives. It is always the future. Like the past, it has no place in the eternal now. Neither past nor future should be contemplated by one who wishes to get the most out of life. Such a one must give up all thought of past or future time and just live in the glorious today. Living now! Enjoying each moment to its fullest! Getting some good out of every experience which presents itself! Living in the ageless life of God!

The time for one to enjoy himself and all life is right now. Whoever he is, wherever he may be, does not matter; if the time element enters into the matter of his happiness or unhappiness he must learn this lesson of no longer looking to yesterday or tomorrow.

Resolve to be happy today. When you take a stand for the glorious, eternal now you will find blessings on every hand.

Behold, now is the acceptable time; behold, now is the day of salvation.—II Cor. 6:2.

SATURDAY, JUNE 25

Carry this thought with you: *I cast all my burdens upon the Lord. Free from worry and anxiety, I rest in the peace and assurance of God.*

The mental burdens some persons carry about with them are often heavier and harder to carry than physical burdens. A pack horse that is overladen with tremendous burdens is more fortunate than the person who overburdens his mentality with worries.

How often are the things that we worry about just imaginary things! Every one can testify to the fact that most of the things that we worry about never come to pass. Dreading possible events of the future becomes such a habit with some persons that they keep themselves in a state of constant turmoil.

Freedom from worry, care, and anxiety comes when one frees himself from the habit of letting his mind run in such channels. Worry is strictly a habit. A person may let it master him to such an extent that he worries over every situation that comes to hand.

The peace and the assurance of Spirit come to one who disciplines his mind so that he gives no thought to worry. This peace carries him through every circumstance. Although formerly he would have been inclined to worry, now he is established in the sweet assurance that passes all understanding.

Casting all your anxiety upon him, because he careth for you.—*I Pet. 5:7.*

SUNDAY, JUNE 26

Carry this thought with you: *Through consciousness of my innate perfection, I am exalted to Christ.*

Before trying to reform others a man should reform himself. Before preaching to those about him he should declare the truth and carry it to every part of his own being.

After we have uplifted ourselves we can try to uplift others. The one who has done this work in himself finds that he needs to exert himself but very little to help others. One readily follows a leader who practices what he preaches. The student has utmost faith in the teacher who knows what he is teaching.

If we would be fishers of men, if we would lead others to Christ, it is necessary that we find Christ first. We must know that Christ is really within us before we can point others to the Christ within themselves.

Jesus was lifted up, and consequently exerted a tremendous drawing power upon others. His Christ consciousness was so powerful that those about him were influenced by it. They were drawn away from things earthly to things spiritual. They were pulled away from limitation and disease and exalted to strength and health.

And I, if I be lifted up from the earth, will draw all men unto myself.—*John 12:32.*

MONDAY, JUNE 27

Carry this thought with you: *I am true to Christ and I remain steadfast in his principles and his grace.*

Our lesson today recalls to mind this verse:

Be true to your soul's best light;
Be true to your life's best good;
Look up to the cross-marked height,
And stand as the brave have stood.

In many cases the seeker for Truth becomes so interested in knowing more of it that he neglects to live and to demonstrate the principles that he already knows. He becomes so engaged in learning more of the teachings that he does not appreciate whether or not they can be applied to his everyday experiences.

Living the truth causes us to know more and more about it. As one applies the teachings they begin to unfold to him. While practicing and demonstrating the principles he gets newer and broader views of life.

The world does not need to know more of Christ. It needs to live his teachings. If each person in the world would but do that which he innately feels is the right thing to do we should need no dogmas of religion. Deep in each one's heart rests the ultimate truth of life.

One has great satisfaction when he is honest with himself and true to his convictions.

This is the true grace of God: stand ye fast therein.—*I Pet. 5:12.*

TUESDAY, JUNE 28

Carry this thought with you: *I am free from all desire to discipline others. I set them free in Christ.*

The student of metaphysics finds that he must give up all inclination to cause others to do as he thinks they should do. He must give up the tendency to have friends and relatives live according to his code of conduct.

If one would realize more freedom for himself he must extend it to others. The consciousness of giving freedom will work out as a consciousness of his own freedom. Granting freedom will help to attract it.

We are not responsible for what others do. The cases wherein one is held liable for another's deeds are not common ones. Of course parents have to direct small children to some extent but parents have not the right to try to live their children's lives for them.

We gain a sense of mental freedom when we cease trying to control others. A great peace comes just from knowing that the Father is able to take care of our dear ones and to discipline them much better than we could do it.

Now you are trying to have your friend enter in through your door. He must enter in through his own Christ . . . you must let him alone to the workings of that indwelling One.—*Miscellaneous Writings.*

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WEDNESDAY, JUNE 29

Carry this thought with you: *I am this day free from the belief that others can injure me in any way. In Christ I am safe and secure.*

The belief that others can harm us comes from personal consciousness. If one believes that others can do him harm or that they are attempting to injure him he falls victim to his own fear. He is affected by the mesmerism of his own thought.

One needs to free himself from personal ideas, from beliefs that center around persons. If one lives in personal consciousness he lives in a world in which the thoughts and actions of people are paramount. If he is always giving consideration to people, giving thought as to what their motives are in relation to himself, then the personal element enters into whatever he undertakes.

Our work is not to be concerned about the evil that another does or that he appears to do. We must be engaged in thinking Truth. Others' thoughts about us have no part in our world. Man is created an independent being. He is not under bondage to others.

To be free from the limiting beliefs of others one must first free himself from the belief that others can limit him.

I am with thee, and no man shall set on thee to harm thee.—*Acts 18:10.*

THURSDAY, JUNE 30

Carry this thought with you: *The light of Spirit illumines my path and directs my way.*

The light of Spirit causes darkness to disappear from our paths. No fears can loom upon the horizon of our activities when the light of Spirit directs and guides us.

The light of Spirit causes all indecision, all sense of inefficiency, to leave us. When we are spiritually led we know just what to do, just which way to turn. There can be no evils on our pathways when we are conscious that this glorious light shines before us.

The Spirit of God precedes us in all that we do, clearing away all obstructions, pointing out our true course of action. Our way is really the way of Spirit. If we think of our way as God's way we relieve ourselves of much of the anxiety that would otherwise be ours.

If one needs to be directed as to what to do, he should turn the matter over to Spirit. He should ask for and expect guidance. He should aim to know definitely just what to do in order to manifest his highest good.

By getting quiet, by seeking light, one is able to lay hold of a power that cannot lead him astray.

The path of the righteous is as the dawning light,
That shineth more and more unto the perfect day.

—Prov. 4:18.

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